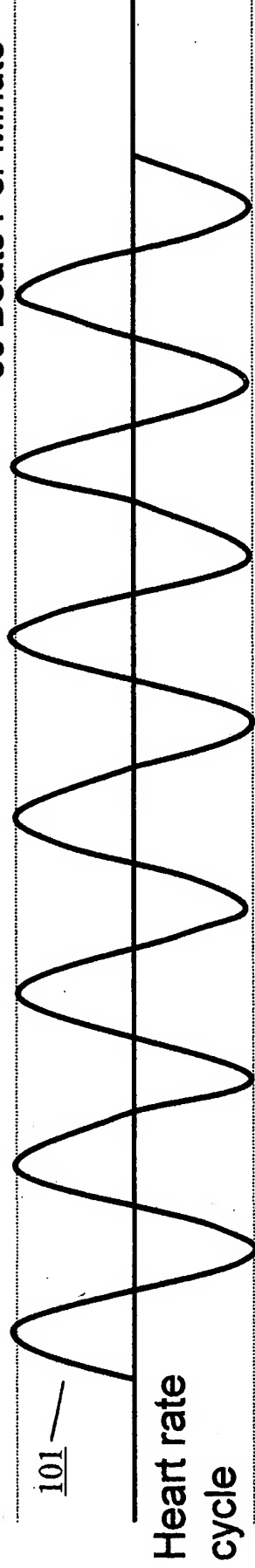


The heart has it's own rhythm or tendency toward rhythm.

103
80 Beats Per Minute



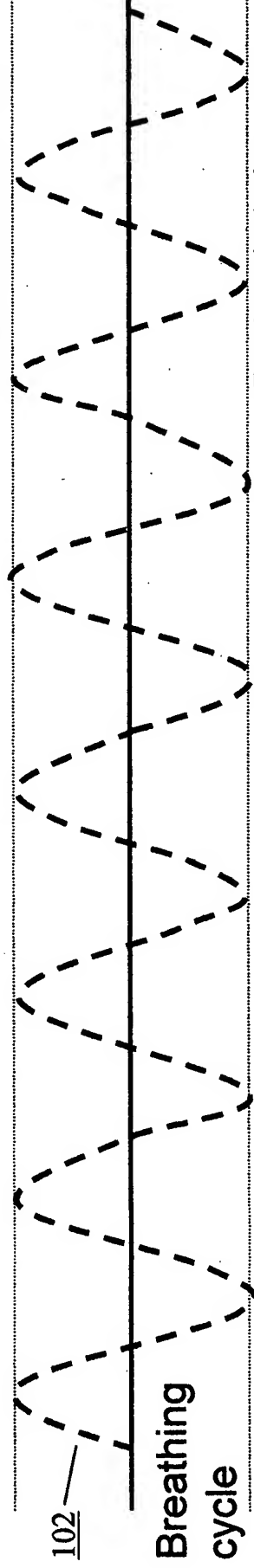
50 Beats Per Minute
104



There is a relationship between the heart cycle and the breathing cycle.

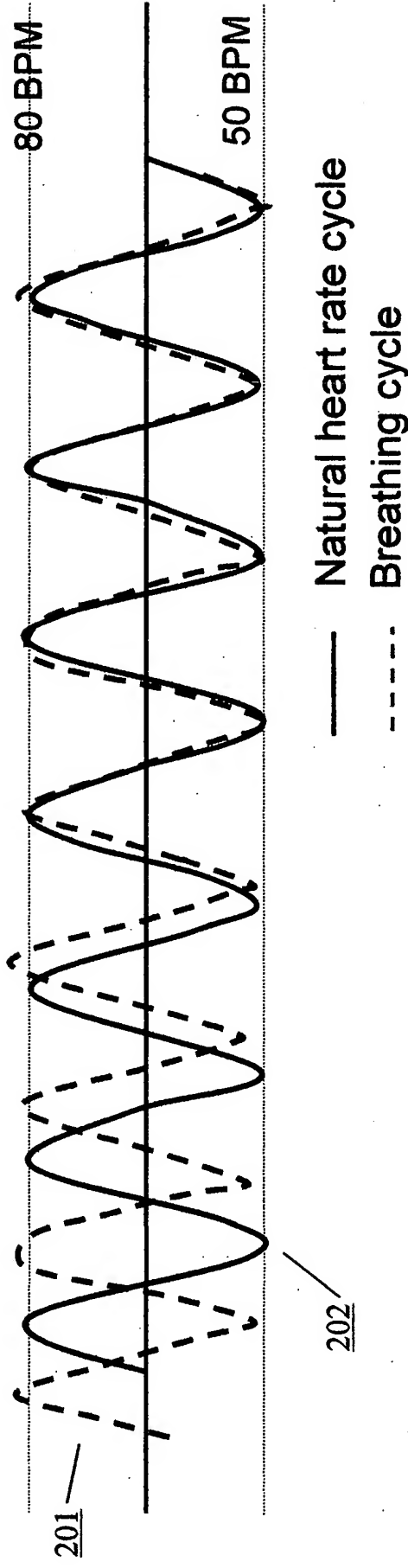


Peak inhalation 105

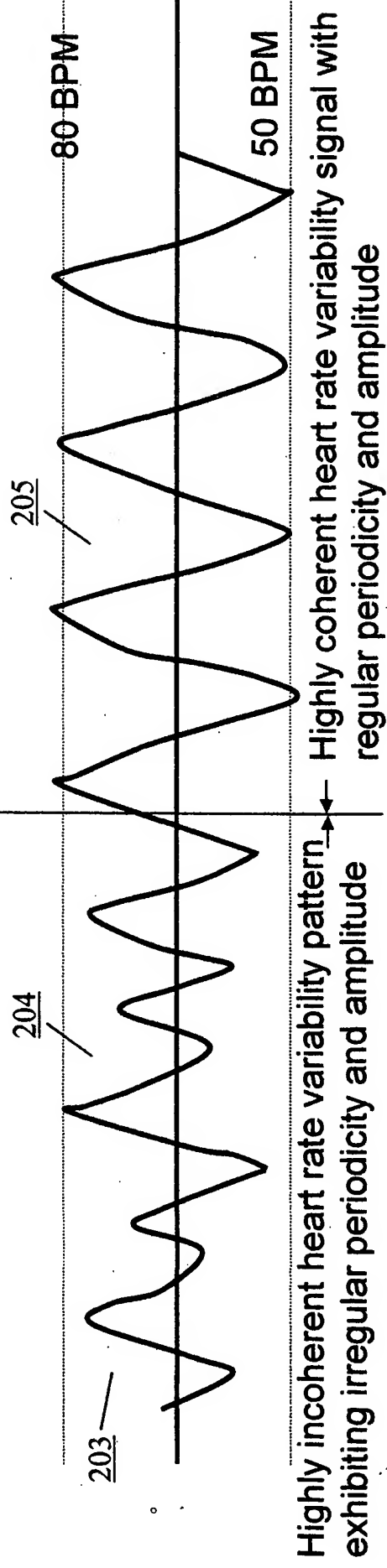


The breathing cycle has a separate but related rhythm. This rhythm can be shorter or longer than the natural heart rhythm and change dramatically with activity, etc.

Depicts the breathing cycle and the natural heart rate cycles moving from misalignment to alignment.



Resultant heart rate variability pattern:



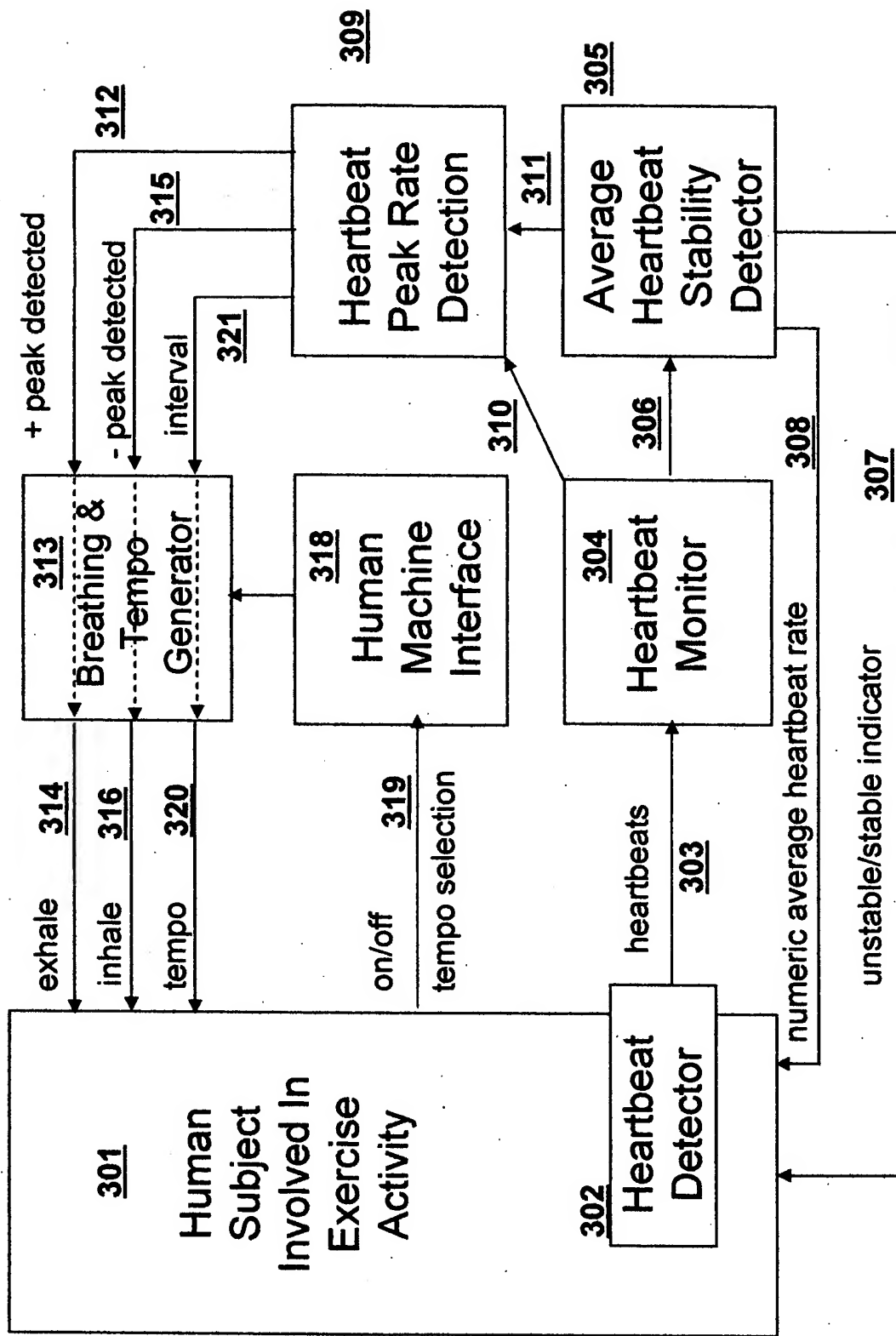


FIGURE 3

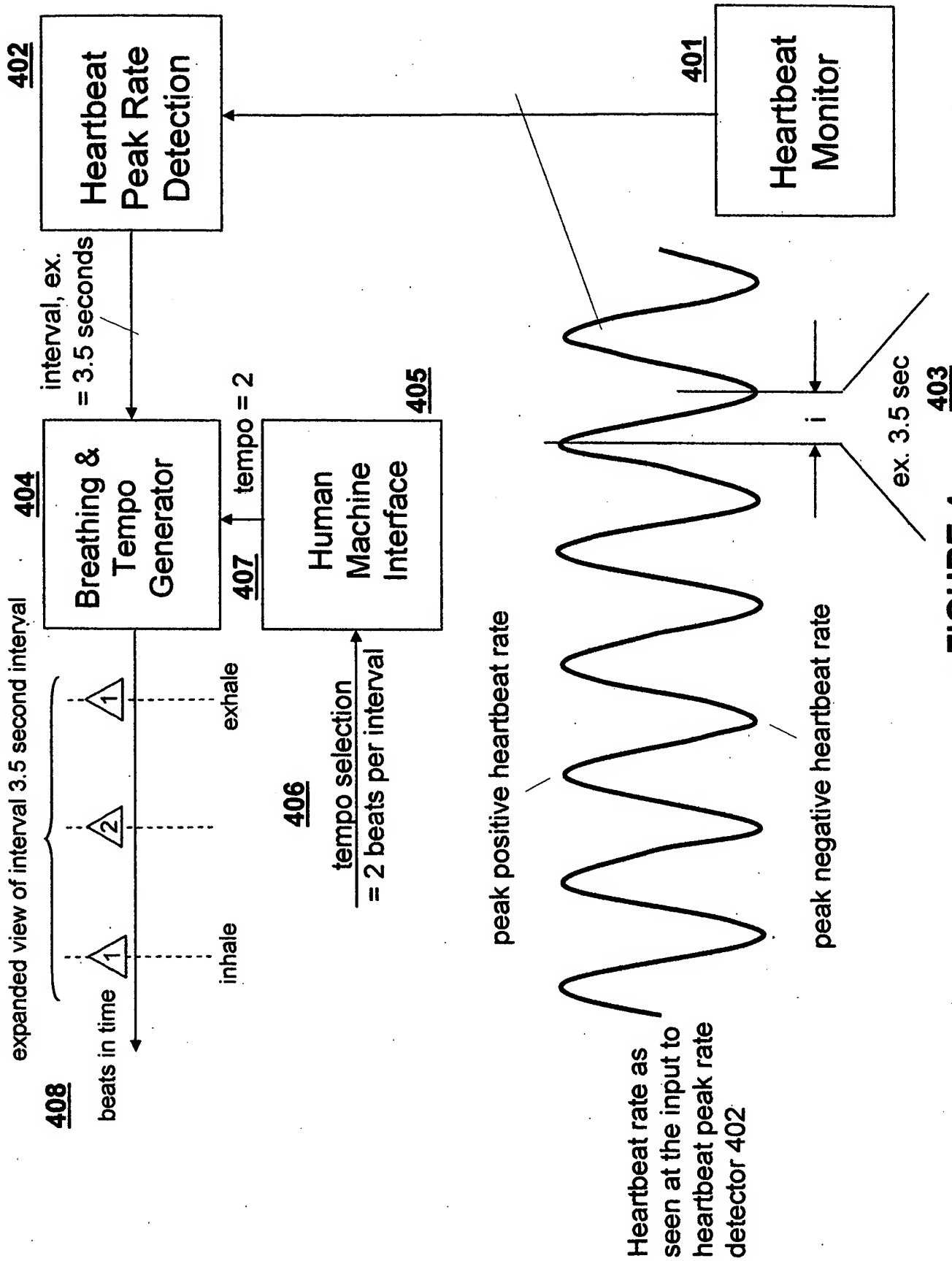


FIGURE 4